

Eifel Times

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Spangdahlem Air Base, Germany

Dec. 12, 2003

Commander's Corner

each Friday from 7-8 a.m.

Wing leaders discuss current hot topics, award prizes for correct trivia answers and talk about what's on the horizon for the 52nd Fighter Wing.

News Briefs

Exercise, exercise, exercise!

Exercise Harley Saber 04-01 takes place Monday-Friday. Eifel region community members may experience minor inconveniences such as traffic backups at the base gates and announcements on the public address system. The understanding and patience of the local community is greatly appreciated as the 52nd Fighter Wing practices to survive and operate in today's threat environment.

Tax volunteers

The Tax Center seeks volunteers to help wing members prepare and file taxes in the upcoming season. During this past tax season, the center operated with the help of more than 60 volunteer tax advisors and office volunteers. These people volunteered 5,647 hours, assisted more than 2,939 taxpayers and saved Team Eifel taxpayers over \$476,395 in commercial tax preparation fees.

Volunteer training takes place Jan. 12-15 and Jan. 20-23 from 8 a.m. to 5 p.m. in Club Eifel. Following the IRS course, each volunteer also attends a four-hour training session on TaxWise software. Volunteers must commit 40 hours in the Tax Center during the tax season. Call the center at 452-6572 to register.

More parking

The lot across the street from Spangdahlem AB building 23 is now open; however, parking isn't permitted on the new parade grounds located in front of the building.

Military experiences wanted

The public affairs office seeks stories that may be published in Bee Pedersen's third book, "Women Write the War." Stories may be of a variety of experiences. The author's intent is to present an honest picture of military family life and how wartime affects military families' lives.

Stories must be typed, double-spaced, 3,000-words or less. It should include a cover sheet with the story title, writer's name, address, phone number and e-mail address. Send submissions to bpedersen@Austin.rr.com by Dec. 19. Article submission grants the author publication rights.

ADC closed

The Office of the Area Defense Counsel is closed Monday through Dec. 19 for an official function. People in need of urgent assistance should call the base command post at 452-6141.

'PG-13'

Middle school student takes on the big screen from his classroom.

Read "Child's Play: Teenage movie mogul shows promise with class film project," on Page 4

Attic hero

Susan Vaughn, Spangdahlem Air Base Hidden Hero volunteer, checks a baby outfit for damage as she sorts and hangs up Airman's Attic donations. The Airman's Attic, an on-base facility that offers free household items, clothing, food and more, is open Monday-Thursday from 9 a.m. to 4 p.m. For more information on volunteering, donating goods or monthly item allowances, call 452-6894 or for the Bitburg Annex location call 452-9424. Read more about Hidden Heroes volunteers in the article "Wing calls out to base's 'Hidden' volunteers" on Page 2.

Airman 1st Class Amaani Lyle

Our first 100 days together

USAFE commander lauds past quarter achievements

By Gen. Robert H. "Doc" Foglesong
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany -- Our first 100 days together has been both challenging and rewarding. We've been true to our USAFE vision:

Leading the way for the most respected, all-purpose expeditionary air and space force in the world. Our airmen and civilian workforce are doing incredible work, day in and day out, both at home and deployed. We've accomplished quite a bit over the last three-plus months . . .

In the summer of 2003 our USAFE team mobilized to support potential noncombatant evacuation and peacekeeping operations in Liberia -- a true team effort. We provided core personnel for the newly established Joint Task Force Liberia (JTFL) Headquarters, established the operation's initial presence in the region with an airfield operations team, and deployed units from Keflavik Naval Air Station, Royal Air Force Mildenhall, and Ramstein Air Base. We delivered JTFL an emergency aeromedical evacuation capability, security for the U.S. Embassy, full time contingency planning, and airlift control via reachback capabilities to the USAFE Air Mobility Operations Control Center at Ramstein. We flew a total of 71 missions delivering 354 short-tons of cargo and transporting 982 passengers throughout the area of operations, and provided emergency medevac of 52 sailors and Marines suffering from malaria.

In addition to our Liberian operations, our tankers, airlift, and fighter assets sustained Operations Enduring and Iraqi Freedom and the Global War on Terrorism from various locations throughout Africa and Europe. We transported over 3,300 OEF/OIF patients while retiring the C-9 Nightingale and transitioning its medevac mission to C-17s, C-21s, C-130s, and other opportune airlift. We truly are an expeditionary force -- one team working together to successfully accomplish any task, anywhere, anytime.

Why are we successful? It's simple . . . we are ready.

**Special
from
USAFE**

Staff Sgt. Felicia R. Haecker

U.S. Air Forces in Europe Commander Gen. Robert H. "Doc" Foglesong and USAFE Command Chief Master Sgt. Gary G. Coleman take a moment on the flightline at Ramstein Air Base, Germany, to show their enthusiasm recapping what USAFE has accomplished over the past 100 days.

Training exercises are essential to maintaining readiness and ensure our expeditionary forces have the appropriate tactics, techniques, and procedures in place. Within the last few months our warfighting team participated in several major exercises, the majority of which were with our European allies. We performed both live-fly and computer-assisted exercises in places like Bulgaria, Croatia, Georgia, Germany, Iceland, Norway, Poland, Turkey, and the United Kingdom. We even sent airmen back home to train at Tyndall and Nellis Air Force

See **ACHIEVEMENTS**, Page 2

Wing calls out to base's 'Hidden' volunteers

By Kelly Childs and Maj. Steve Johnson
52nd Mission Support Squadron

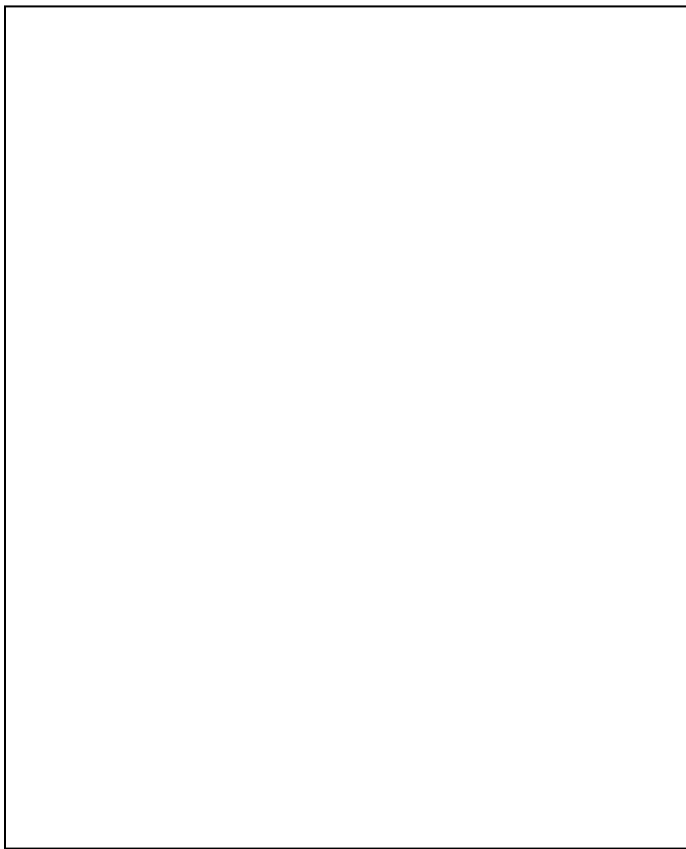
Who are Hidden Heroes? Webster define heroes as people who show great courage or who are admired for achievements and noble qualities. Among the many heroes of Team Eifel are its volunteers. They are soccer coaches who comes out on a cold, wet Saturday morning to encourage their team not to give up. They are elementary school tutors who say just the right things to help young students understand fractions. They are key spouses helping during a Deployed Family Day or Red Cross volunteers assisting with a base blood drive.

Team Eifel has hundreds of heroes volunteering thousands of hours to help make the community a better place. Hidden Heroes, one of 12 Combat Special Interest programs launched by Gen. Robert H. "Doc" Foglesong, is designed to increase volunteerism and better recognize those who volunteer.

Col. Stephen Mueller, 52nd Fighter Wing commander and Spangdahlem Air Base's "lead volunteer," recognizes the importance of volunteerism in the community.

"We want to identify and recognize our 'Hidden Heroes' for their unselfish contributions," he said. "I personally want to encourage our active-duty personnel, Department of Defense civilians and family members to get involved and serve as a volunteer in the Eifel community. Never underestimate the power of one individual -- you can and do make a difference."

A Hidden Heroes work group, made up of group and squadron representatives, partners with the 52nd Mission Support Squadron Family Support Center's Volunteer Resource Program and the Volunteer Advisory Committee to ensure program success. Squadron representatives help Air



Airman 1st Class Amaani Lyle

Tiffany Jackson-Cureton, Spangdahlem Air Base Airman's Attic Hidden Hero volunteer removes the stripes from a sleeve of a donated battle dress uniform top. Ms. Jackson-Cureton is one of about 1,100 of the base's Hidden Heroes.

Force members and their families register as volunteers, publicize volunteer opportunities, develop volunteer job descriptions and encourage volunteerism in their squadrons.

The Hidden Heroes work group is also expanding the

volunteer recognition program by defining the criteria for a new Hidden Hero award. The award will recognize an individual who consistently helps our community through selfless volunteerism.

Team Eifel members who know a Hidden Hero who deserves recognition should call their squadron monitor. In addition to the Hidden Heroes award, the 52nd FW continues to recognize volunteers through the quarterly and annual awards program, which rewards volunteers with special parking spaces and, in some cases, free childcare.

Many volunteers simply want to quietly serve behind the scenes and wonder why it is necessary to be a registered volunteer and report their hours. Department of Defense Instruction 1100.21, Volunteer Services within DoD, requires all volunteers to fill out the appropriate volunteer forms prior to any volunteer service and to track the hours worked.

Volunteer efforts benefit the community and documenting those efforts benefit the individual. The volunteer record can be used for awards and decorations including the Volunteer Outstanding Service Medal, the volunteer of the quarter and year awards, and for enlisted and officer performance reports. Volunteer experience can also be referenced on resumes and job applications. Lastly, being a registered volunteer and documenting volunteer time is important in the event a person is injured on the job.

The wing's goal is to increase the number of volunteers, increase the number of volunteer opportunities and document and recognize Team Eifel's volunteer efforts. For more information about Hidden Heroes or volunteer opportunities, call a squadron volunteer representative or Kelly Childs, 52nd FW Volunteer Resource Program manager at 452-9491 or e-mail laureen.childs@spangdahlem.af.mil.

Achievements

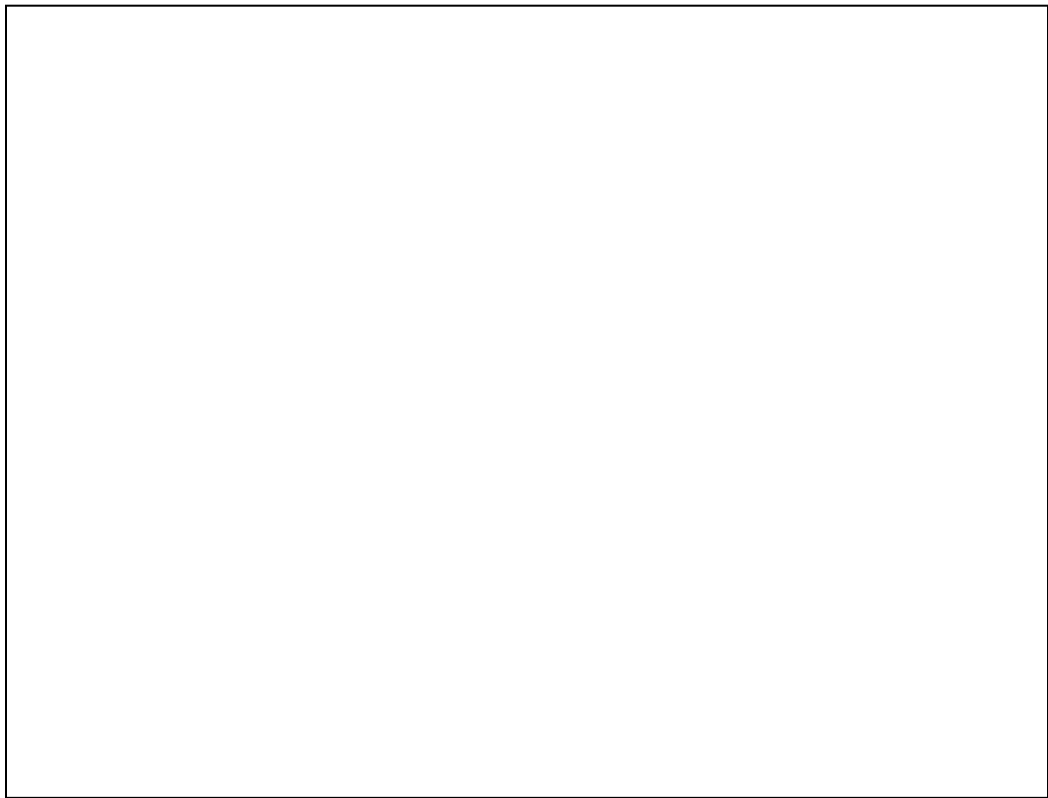
Continued from Page 1

Bases. These exercises strengthened our command and control, communications, intelligence, logistics, maintenance, air combat, search and rescue, medical evacuation, airlift, and multi-national disaster preparedness/emergency response capabilities, oftentimes alongside our NATO team and partner nations. Exercise planning, preparation, and participation takes a great deal of work, and our team's commitment to secure and conduct world-class training opportunities paid great dividends -- it shows in our readiness.

Even though USAFE's readiness level is unmatched, our extremely large and diverse area of responsibility requires careful use of our limited resources. Over the past several months we've refined our posture to focus resources on those areas that have the greatest potential to ensure access, promote stability and security, and strengthen capabilities for self-defense and coalition operations.

Externally we continued to focus on theater engagement and security cooperation efforts to build relationships, expand our allied partnerships, and improve our strategic capabilities. In the last 100 days we executed 14 events and planned 25 more for execution in the near future. Such events include official visits, bilateral/multilateral exchanges, USAFE Band concerts, air shows, and weapons training deployments. One highlight included our participation in the NATO Air Meet in Poland last September -- the largest to date with over 100 aircraft representing 16 nations from all over Europe. Our team also participated in the Moscow Air Show and performed site surveys in support of potential U.S. deployments and operations in Bulgaria and Romania. We were extremely busy building partnerships that may assist our nations' future unified efforts in the Global War on Terrorism.

Internally we focused on two major reorga-



Airman Heather Forrest

Members of the 606th Air Control Squadron react to an attack on their deployed radar site during Exercise Autumn Warrior '03 Oct. 24. More than 100 unit members deployed to the Bitburg Flugplatz flightline for the exercise, which honed the squadron's ability to control suppression of enemy air defense and protect its mobile resources.

nization efforts. In the United Kingdom we plan to activate the 420th Air Base Group at RAF Fairford. This new Group will report directly to Third Air Force and serve as the support advocate for geographically separated units currently reporting to the 100th Air Refueling Wing. Here at Ramstein we plan to activate the 435th Air Base Wing to pick up base support responsibilities from the 86th Airlift Wing. The 86th will remain as an operational wing and consist of an operations group, maintenance group, and contingency response group.

Our Combat and Special Interest Programs

play a vital role ensuring we are ready to fight and postured to respond anywhere, while providing superior services to the world-class men and women serving in USAFE. If you look at these 12 programs in total, you'll see we are touching virtually every aspect of our team and mission -- individually the basis for them is rock solid. Throughout the command we have refocused our resources on maintenance and flying operations . . . we are taking pride in ownership and appearance of our facilities, on the inside and out . . . units are exercising together and ready for the new Air Force fitness standards . . . 230 students have

already attended Customer College to learn to serve you better . . . we established 10 new flightline/work center chapel outreach offices and two coffee houses to increase personal well-being and energize individual spirituality . . . we enhanced the opportunity to take college courses during non-standard times and brought the classroom to your work centers . . . we eliminated as many as 15 inprocessing stops at some bases, and continue to streamline our inprocessing and outprocessing procedures . . . each base has a new Volunteer Foreman to help identify, encourage, and recognize volunteers . . . we have company grade officers and senior NCO teams gaining valuable experience representing their wing commanders after duty hours . . . we created scores of high-energy events in November alone for our single airmen, and will continue to do so throughout the winter months . . . our libraries are striving to better serve you and your families . . . and now we are focusing on improving the care, attention, and information flow to spouses and families of our deployed members. Together we are making a difference -- let's keep the momentum rolling!

Chief Coleman and I are confident that you know better than anyone this highlights only a fraction of what we accomplished together over the past few months. You also know the next 100 days will no doubt be as challenging as the first 100. It is essential you make time to recharge yourself this holiday season. Spend time with your family and friends. If you're deployed take advantage of our many programs and resources available to you, and your USAFE team will help take care of your family.

Thank you for everything you do for our command, our Air Force, our nation, and our allies. I blame all of the men and women of USAFE for cramming six months of work into three -- no wonder we inspire our friends and intimidate our enemies!

Eifel Salutes

52nd Medical Group

While Airman 1st Class Andrea Matusky is indeed a woman of high honor, we erred in printing that she received the Congressional Medal of Honor, the highest award for valor in action against enemy forces given to U.S. servicemembers.

Though hopefully well on her way to that, Airman 1st Class Matusky actually earned Congressional Award gold, silver and bronze certificates. Let's give thanks to Capt. Miev Carhart and 1st Lt. Lynn Wedyke for responding to a call for help on Thanksgiving morning in the family care center. Maj. Jennifer Hunt gets baby love for resuscitating a newborn infant and ensuring a healthy outcome. Bells, whistles, sirens and salutes to Lt. Col. Tim Pendergrass, Maj. Ann Burns and Airman 1st Class Ontario Rogers, who performed with perfection when it came to providing ambulance coverage for the SECAF visit. We're urged to salute Airman 1st Class Rebecca Ergenbright for always placing the mission first and fostering high morale. We'll "waist" no time rendering a salute to Tech. Sgts. Nicole McCloud and Stacie Pawa, who performed baseline fitness assessments on the 52nd Medical Support Squadron. Let's play the "tech-know" music for the information systems flight -- the crew takes care of the med group's computer technology needs.

52nd Operations Group

Make room for John Bradley and Staff Sgt. Glenn Williams for their dedicated effort to build a plan utilizing new airspace. Their efforts allow the wing to continue uninterrupted flying operations using limited airspace while combining operations with the German

Air Force. 52nd Mission Support Group Breaking up is hard to do ... but not with the help of Staff Sgt. Latonya Jones, who rapidly processes discharge cases and provides quality service to those separating from the Air Force. She also ensured her team's work surroundings were in tip-top shape to remain Combat Proud! Staff Sgt. Rick Garcia is the go-to guy for the mili-

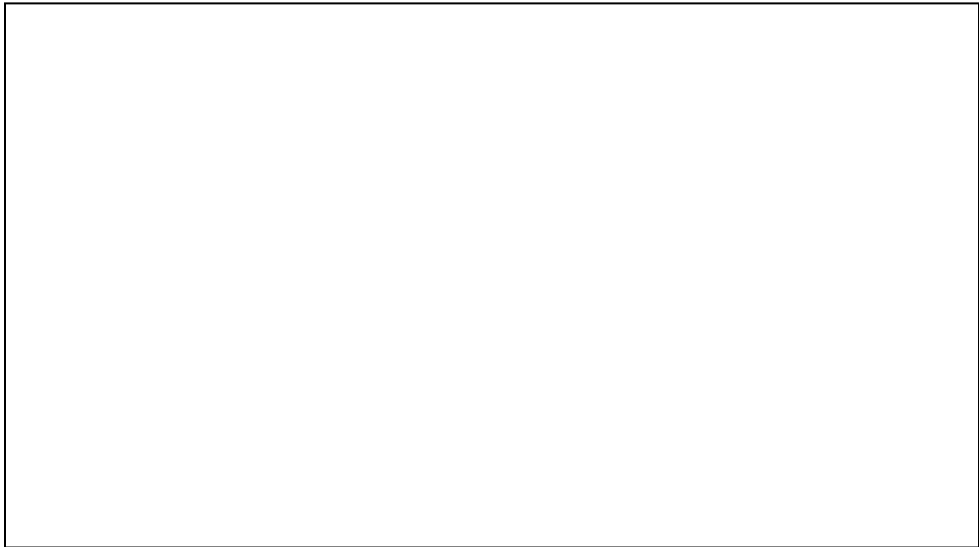
tary personnel flight -- he's tackled transaction reports from the Air Force personnel center, fixed computers and spent loads of time supporting the squadron booster club. Reliable Staff Sgt. Kip Gomez has spent much time handling personal reliability program issues -- he also ran the DEROS and formal training office and got the MPF through the safety staff assistance visit. Calling all cars ... 52nd Logistics Readiness Squadron vehicle managers Tech. Sgt. Kat Hathaway and Staff Sgt. Brenda Davis always provide outstanding customer service.

52nd Maintenance Group

Staff Sgt. Zachary Stevens has been struck with a salute for his lightning protection system, which garnered him an Outstanding Performer award during a U.S. Air Forces in Europe staff assistance visit. Thanks a million -- 500 million -- to Staff Sgt. Scott Wunsch, who devoted more than 50 hours of his off-duty time to develop a comprehensive operator guide that has standardized proficiency across the flight. He's a top custody flight NCO who protects a \$500 million stockpile at Volkel Air Base, The Netherlands.

Kudos to all; Team Eifel salutes you!

(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Staff Sgt. Karen Z. Silcott

Members of the Detachment 9 Air Force News Agency make up this week's Top Saber Team.

Top Saber Team

Unit name: Detachment 9 Air Force News Agency
Unit responsibilities: AFN Eifel maintains and creates local radio and television programming in support of the 52nd Fighter Wing's overall public affairs program. We enhance readiness and morale throughout the Eifel area and serve as a vital communication link in times of crisis.
Number of members: 16
How does the team fit into the 52nd Fighter Wing's mission? We help the wing reach all three of its goals of training to win, information superiority and taking care of the Air Force family. We do this by providing timely, accurate information and entertainment on radio and television. AFN producers create a variety of informational announcements. These "spots" cover everything from driving safety to Club events to emergency weather announcements. Since we're always "on-the-air," these announcements can be broadcast almost immediately. We also have a first rate news crew that travels all around the region to feature Team Eifel members in action.
Team's other contributions through the year? AFN plays a vital role in creating community togetherness. We broadcast live from the July 4th Big Annual Summer Happening and we were on the radio with high school football games, including the Championships in Baumholder, Germany. AFN kicked into high gear during the base's past Phase II exercise to provide around the clock "exercise radio." We took music requests and provided a wealth of readiness information for first-timers and old pros alike. We sent a news team to cover the wing's first-ever participation in an air show in Poland and we provide daily weather and wing policy information.

Getting ready to PCS?

Call the Combat Exit team at 452-6807 for information.

Sponsors, assist your incoming members!

Call the Combat Intro team at 452-4057 for inprocessing details.

IEA Scorecard

Project	Coordinator	Percent complete	Estimated completion
Brick House	Eddy Mentzer	100	Complete
Jet Blast Inn AFN decoder	Tech. Sgt. Sean Applegate	100	Complete
Honor Guard uniforms	Tech. Sgt. Randall Reno	100	Complete
Billeting laptops	Master Sgt. Fred Ayers	100	Complete
Loaner transformers	Gertrude Cochran	100	Complete
Coffee Mill improvements	Capt. Glenn Gresham	100	Complete
Batting cages	Mandy Baerman	40	April 2004
Bus shelter improvements	Tech. Sgt. Michael Smith	62	Dec. 15
HAS mezzanine	Tech. Sgt. John Murphy	45	Dec. 23
HAS crew shacks	Tech. Sgt. John Murphy	60	Dec. 23
Pavilion improvements	Udo Stuermer	15	June 2004

(Editor's note: The "Installation Excellence Award Scorecard" tracks the progress of 52nd Fighter Wing improvements set into motion this past year. Funds for the improvements come from winning the 2002 and 2003 Commander-in-Chief Installation Excellence competition at U.S. Air Forces in Europe-level, which is \$500,000 for each win.)

Top Saber Performer

Name: Airman 1st Class Molly Souslin
Unit: Detachment 9, Air Force News Agency
Duty title: News producer
Hometown: Norwalk, Ohio
Years in service: Two
Nominee's contributions to 52nd Fighter Wing mission success: As a broadcaster, Airman 1st Class Souslin reports on wing news events, getting vital information out to Team Eifel. She continually assists other AFN Eifel sections to ensure command information is broadcast in an efficient and timely manner. She also ensures Team Eifel and the U.S. Air Force is aware of the wing's successes from the smallest award to the biggest operation.
Off-duty volunteerism and professional development pursuits:

Volunteers at the Red Cross office and recently attended the Airman Professional Development Course.
What do you do for fun? Plays on base basketball team and travels throughout Europe.
What do you like most about being stationed here? The clean air and travel opportunities.
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? Evening bus transportation to college classes at the Bitburg Annex and Spangdahlem AB.

Child's play: Teenage movie mogul shows promise with class film project

Story and photos by Airman 1st Class
Amaani Lyle
52nd Fighter Wing Public Affairs Office

He's dry-witted, serious about his craft and worried about budget and deadlines. He produced and directed his first movie last spring. And, perhaps most notably, he's too young to legally see many movies playing in the theaters.

Steven Watts, a 13-year old Spangdahlem Middle School student, and fellow classmate Chris Damers were part of Pete Goetz's video production class. There, the two students spent more than three weeks planning, producing and painstakingly designing "claymation" characters in Steven's freshman featurette, "A Short Knight's Tale." The short movie tells the story of a knight who "must be at least this tall" to participate in a jousting tournament.

Armed with VHS cameras, a high-tech editing program called Apple iMovie and rich imaginations, the students set forth in telling their stories on shoestring budgets.

"We used a stage about three feet wide and had most of the equipment provided to us," Steven said of his three-minute movie.

He admits he invested about \$10 in clay but stressed that had he footed the movie's production and equipment bill in its entirety, it "would've been a very cheap movie."

Though the use of such evolving and unconventional technology as a teaching tool could be thought a daunting task, Mr. Goetz said he's seen great stu-

dent response during his 14 years of instructing at the school.

"It sells itself," Mr. Goetz said. "And it's easy to do since there are so many instructive DVDs and how-to books."

Mr. Goetz credits some of the course's success to a former SMS superintendent who believed in the video production program and invested money into the class's endeavors.

"The class allowed me to show students that editing is just as important as any other element of filmmaking," Mr. Goetz said. "I not only taught them how to edit, but actually had them apply their knowledge and teach others with documentaries they created."

The creative team has since disbanded following Chris Damer's permanent-change-of-station move from

Spangdahlem AB to Royal Air Force Lakenheath, England. Steven said he has a sequel in mind, but will truly miss Chris's inputs.

Steven said he's shared his movie-making aspirations with his father, Johnny Watts, a 52nd Maintenance Group civilian equipment specialist here. Steven said he plans to move to Los Angeles and apply to the University of Southern California's film school where some of the industry's A-list filmmakers have graduated.

As for humble beginnings, Steven realizes he must climb the ladder of success, but hopes his prior experience will minimize his dues-paying time as a Hollywood "go-fer."

"Getting coffee for people is something I'm not really looking forward to," he said with a wry smile.

Above: Steven Watts, Spangdahlem Middle School student, gets a tight shot of his former teacher Pete Goetz's dragon. The student and teacher share an interest in dragons and the creatures were part of what inspired Steven to name his production company Dragon Films. Far right: Steven displays similar clay used to create the animated characters in his short film. The knight wears a shield designed by Steven, while the main character was created by his partner Chris Damers, who now lives with his family at Royal Air Force Lakenheath, England.

TRICARE: Call before travelling stateside

For many TRICARE Prime beneficiaries in Europe, the holiday season is a time for visiting and receiving visits from family members who reside in the continental U.S.

The following is need-to-know information about health care during the travel season.

Going stateside

Military families traveling to the United States for a visit exceeding 60 days should first contact their TRICARE Service Center to transfer their Prime enrollment to the region in which they are staying. When they arrive at their destination, they must contact the gaining TSC to ensure their enrollment is transferred. A TRICARE representative there will tell members how they can obtain care in their region, where to send their healthcare claims and can provide them information about the local civilian provider network. Once families return to Europe, they must contact their TSC again to ensure their Prime enrollment is transferred to Europe.

Emergency care

Authorization is not required for TRICARE members in need of emergency medical care when traveling in the United States regardless of where they are enrolled. They can visit the nearest military or civilian emergency room. If it is not an emergency, TRICARE recommends its members wait until they return home to receive care. If they cannot wait, they should take the following steps:

■ If there is no local MTF, members can call toll-free 1-888-777-8343 to find out where the nearest TRICARE network provider is located.

■ If there is no TRICARE network provider near, member should ensure the civilian provider accepts the TRICARE and CHAMPUS allowable charges as payment in full. If not, members may be responsible for 15 percent of the allowable charges. If TRICARE members find themselves in these situations, they should contact their nearest

52nd Medical Group TRICARE Office

The TRICARE commitment is to provide members 24-hour access for acute care, seven-day access for routine visits and 30-day access for wellness and specialty care. If appointments are unavailable in the military treatment facility, a team of Healthcare Benefit Advisors is available to assist with language barriers and checking physician's credentials.

For information about local host nation treatment facilities or TRICARE benefits, call DSN 452-3100 or civilian 06565-95-3100. Members may also visit the TRICARE Europe Website at www.europe.tricare.osd.mil/ for details.

TRICARE offices for assistance. Locations and numbers are available at www.tricare.europe.osd.mil.

■ Providers may file their claims or members may be expected to pay first and then file the claims for themselves. In either case, all claims for family members enrolled in TRICARE Europe who receive care in the United States should be mailed to Wisconsin Physicians Services at: TRICARE Europe, WPS-Foreign Claims, P.O. Box 8976, Madison, WI 53708-8976. (Courtesy of TRICARE Europe)

AF jackets, pullovers now require nametags

RANDOLPH AIR FORCE BASE, Texas -- The Air Force has established both the mandatory wear date and proper wear for the new metallic nametag on service dress uniforms and pullover sweaters.

Effective Jan. 1, the nametag must be worn on the wearer's right side of the service dress jacket with the bottom of the nametag level with the bottom of the ribbons, said Air Force Personnel Center officials here. It should be centered between the sleeve seam and the lapel.

If a duty badge is worn on the wearer's right side, men will center the badge a half-inch below the new nametag; women will center the badge a half-inch above the new nametag. An exception is when a command insignia is worn by either men or women. It is worn either a half-inch above or below the nametag. Then, the duty badge is worn either a half-inch above or below the command insignia, depending on whether the airman is a current or former commander.

When the maternity jumper is worn as the maternity service dress, the nametag should be centered on the right side and placed even to, or 1.5-inches higher or lower than the first exposed button.

The nametag will also be worn on pullover sweaters on the wearer's right side with the bottom of the nametag level centered between the middle of the sleeve seam and the seam of the neckline. It will not be worn on the cardigan sweater.

For more information, airmen can contact their military personnel flight or commanders support staff. (Courtesy of AFPC News Service)

Community Mailbox

Community announcements

Submit “Community Mailbox” advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.

Balancing act

The holidays and expectations of gift-giving can be stressful for families already struggling to make ends meet. Wing members needn’t go into debt buying gifts for the winter holidays. For more information on budget balancing or other financial guidance, call Bill Triplett, personal financial manager, at 452-6422.

Deployed gifts

Army and Air Force Exchange Service “Gifts from the Homefront” gift certificates can be used for merchandise already stocked at the AAFES location in Operation Enduring and Iraqi Freedom. To purchase \$10-\$20 gift certificates, visit aafes.com. People may also donate gift certificates to “any service member” through the American Red Cross. See the AAFES Website for details.

Christmas party

The Sunday Night Live children’s Christmas party takes place Sunday at 5 p.m. in the Spangdahlem AB Chapel. Call Barb Holland at 06565-933804 for details.

Santa suit

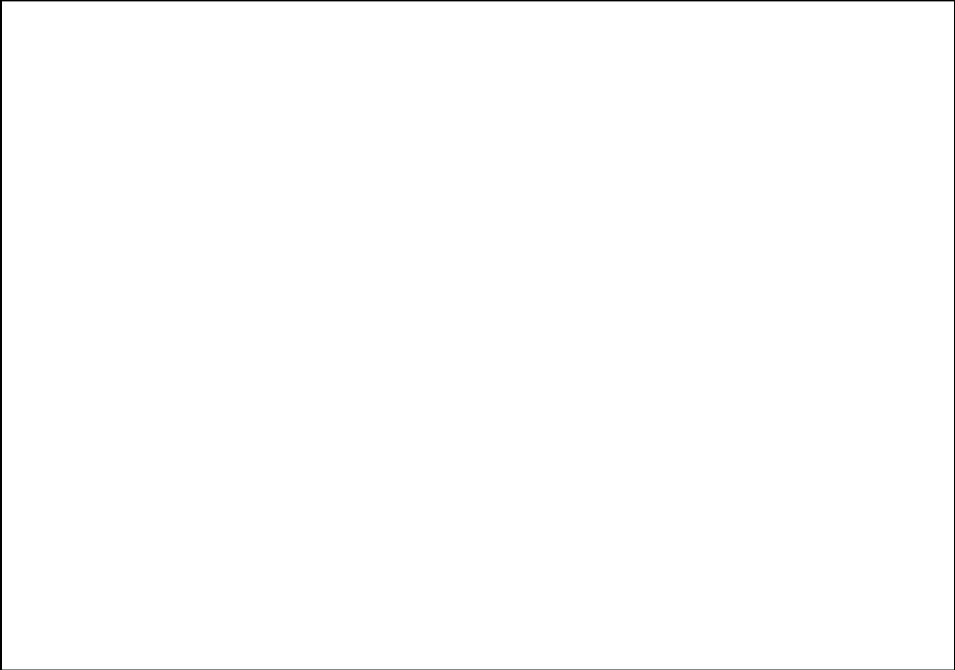
The 52nd Component Maintenance Squadron Spouses Club has a Santa suit available for loan. Proceeds from suit rentals benefit 52nd CMS activities. Call Stephanie Miller at 06571-952201 for details.

La Leche meeting

A meeting for mothers who are or plan to breastfeed takes place Wednesday at 6:30 p.m. in the Bitburg Annex hospital conference room. Nurslings are welcome. Call Margaret Loffelman at 06565-7555 for details.

Christmas play

ACT Eifel presents, “The Best Christmas Pageant Ever,” today, Saturday, Dec. 19-20 at 7 p.m. and Sunday and Dec. 21 at 2 p.m. in Spangdahlem Elementary School. The comedy is about the tribulations a couple experiences while directing their church’s annual Christmas play. Tickets at the door cost \$2 for children, \$4 for adults and \$5 for families of three or more.



Airman 1st Class Amaani Lyle

Pining for Christmas

Scouts Daniel and Dillon Demers, 12 and 10, bag up a Christmas tree they just sold in support of the Boy Scouts of America, Troop 165 on base. The Boy Scouts sell the trees Monday-Friday from 5-7 p.m., Saturday from 11 a.m. to 7 p.m. and Sunday from 12-6 p.m. in Spangdahlem AB and Bitburg Annex commissary parking lots. People interested in becoming a Boy Scout Hidden Hero volunteer can do so by registering during the troop’s monthly meeting held Monday from 6-8 p.m. in building 139.

Holiday hours

- Both branches of Community Bank are open Dec. 24 until noon, but are closed Dec. 25-26.
- The Bitburg Annex commissary is open Dec. 22, 26 and 29 from 10 a.m. to 7 p.m., and Dec. 24 from 10 a.m. to 4 p.m. It’s closed Dec. 25 and Jan. 1. The Spangdahlem AB commissary is open Dec. 22 and 29 from 10 a.m. to 7 p.m., and Dec. 24 from 10 a.m. to 4 p.m. It’s closed Dec. 25-26 and Jan. 1.

Gift-wrapping services

The Girl Scouts wrap gifts for donations at the Spangdahlem AB and Bitburg Annex base exchanges now through Dec. 24. For more information about this service or the Girl Scouts, call Kannetha Clem at 452-9190.

Family support center news

- The following workshops take place in Spangdahlem AB building 307. Call 452-9491 to register or for details.
- Welcome to Germany, Monday at 10 a.m.
 - Predeployment briefing for active-duty and family members, Tuesday at 8 a.m.
 - Key spouse meeting, Wednesday at noon.
 - Sponsor training, Thursday at 10 a.m.
- The following workshops take place in Bitburg Annex building 2001.
- Preseparation consultation, Monday at 8 a.m.

- Transition assistance program, Tuesday-Friday at 8 a.m.
- Creative critters, Wednesday at 10 a.m.

Free concert

Singer Niki Barr and her band rock the Brick House Dec. 21 from 8 p.m. to midnight.

Preschool get-togethers

- Children’s story hour takes place each Thursday at 10:30 a.m. in the chapel library, building 139. Call the base chapel office at 452-6711 for details.
- A preschool playgroup meets each Tuesday from 10 a.m. to noon in Spangdahlem AB Military Family Housing building 409-C. A playgroup also meets each Thursday from 10 a.m. to noon in Bitburg Annex Temporary Living Facility 2. Call Michele Linnen at 452-8288 for details.
- Children’s story hour takes place each Wednesday at 9:30 a.m. in the Bitburg Annex Library and each Thursday at 9:30 a.m. in the Spangdahlem AB Library. Children ages 2-5 are invited. Call 452-9056 for details.

Volunteer tutors needed

Hidden Heroes volunteers are needed to help Bitburg High School students improve their study skills and with their college-prep courses. Call BHS at 452-9202 for details. Tutors and mentors are also needed at the

base elementary and middle schools. Call Spangdahlem Elementary School at 452-6881, Spangdahlem Middle School at 452-7205, Bitburg Elementary School at 452-9215 or Bitburg Middle School at 452-9310 for more information.

Voting assistance

Wing members can call installation voting representatives for help with voting questions through the 2004 general election. Call Maj. William McAllister at 452-8298 or Master Sgt. Jeff Barr at 452-7410 for details.

Legal assistance hours

The 52nd Fighter Wing Legal Office provides legal assistance each Tuesday and Thursday from 1:30-3 p.m., and Wednesday and Friday from 8-10 a.m. A German legal advisor is available Monday-Thursday from 8-11 a.m. Walk-in hours are each Monday from 11 a.m. to 1 p.m., Tuesday and Thursday from 11 a.m. to 4 p.m., and Wednesday and Friday from 8 a.m. to 1 p.m.

Volunteers needed

Airmen Against Drunk Driving seeks volunteers to drive or operate the dispatch office on weekends and holidays. To volunteer, e-mail full name, town or residence and home phone number to aadd@spangdahlem.af.mil.

EDIS news

Infant and toddler developmental screenings take place the first, third and fifth Monday monthly from 9-11 a.m. in the EDIS clinic at Spangdahlem AB, building 161. EDIS also offers screenings each second and fourth Monday from 9-11 a.m. in the Bitburg Annex Chapel. Call 452-8238 for details.

Club card info

As an additional service for members overseas, BankOne has changed the collect number on the back of the Club card to a universal toll-free number. The number for calls from Germany is 00-800-1111-2265. Call the Club Eifel cashier’s cage at 452-6090 for the numbers to use from other European countries.

Family management

The 52nd Medical Group Family Advocacy agency offers parenting classes, marital counseling and new parent support groups. Call 452-8279 for more information.

ADAPT to life

Alcohol and Drug Preventive Treatment counseling is provided on base. Call 452-8321 for more information.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

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Maj. Melinda Morgan.....Public Affairs chief
1st Lt. Gerardo Gonzalez.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
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Iris Reiff.....Leisure writer
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Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

Month
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
F-16	345	123	-222
A-10	278	51	-227

*Delta is contract vs. sorties flown to date.

Through Dec. 8

Courtesy of the
52nd Maintenance Operations Squadron
Plans and Scheduling Section

Viewpoint

Dec. 12, 2003

Page 6

Inspiration

Ceremony honoring veterans' sacrifices helps 606th commander see big picture

By Lt. Col. Scott A. Fischer
606th Air Control Squadron commander

It's been quite a year for the 52nd Fighter Wing and the 606th Air Control Squadron. During Operation Iraqi Freedom, we established the only operational mission from Turkey and the first air control operations on Iraqi soil. Despite these combat deployments, we trained aggressively at home and accomplished many "firsts" during local field deployments this autumn.

Given all that's taken place, it's hard to believe that my most memorable single event would be a one day trip to Belgium.

We sometimes get so wrapped up in the daily pace of operations, exercises and inspections that we forget the value and influence of being a member of the greatest Air Force in the world. Being an airman in Europe during a time when war has touched nearly every family in the past century offers unique opportunities for self-satisfaction and service.

Back in September, a U.S. Air Force officer in Belgium asked me if our squadron would partici-
pate in an Armistice Day ceremony in Walcourt, Belgium. More than thirty squadron members were interested, so we made the trip.

As we weaved through the rolling hills to Walcourt there was little talk about the signifi-
cance of the day. Also, no one addressed the fact

"Being an airman in Europe during a time when war has touched nearly every family in the past century offers unique opportunities for self-satisfaction and service."

that we were driving over the terrain on which thousands of young men lost their lives during the World Wars. We were simply thankful to have arrived on time for the ceremony and surprised to see a majority of the town attending or participat-
ing in the ceremony.

The town's basilica was full as we listened to the words of men who fought in "the resistance" during World War II. Their grandchildren read prayers and poetry dedicated to the fallen veterans and the freedoms for which they fought. As we departed the church and formed up in front of a memorial, a war veteran read the names of Walcourt's departed. We stood in formation as the courage and devotion of servicemen from the United States, France and Belgium were recog-
nized by the local townspeople.

The appreciation for our presence was apparent. The discipline and professionalism our squadron

exhibited on that day was enough to make any commander proud.

More importantly was what we learned from this one-day experience. Townspeople, some of whom had fought during the war, gathered with us after the ceremony and the town sponsored a luncheon and city tour for us before we departed. It became obvious that, despite what you see on the national news, the appreciation for what our fathers, grandfathers and today's American forces do to regain and preserve freedom is still firmly present.

Opportunities abound in Europe for us to partici-
pate with and learn more about our brotherhood of arms and the bonds and traditions that make it such a rewarding profession. My experience and perspective was solidified by the words of one man in his 80's who approached me with his son after the ceremony. The older gentleman had served in Belgium's resistance forces during World War II, had been captured and escaped to fight again. His son told me that this Armistice Day was more memorable for his father than any other because of our participation.

Simply being there in uniform, paying our respects to something so personal to most of these people, was enough. Along the way, it's a pretty humbling, yet satisfying way to spend a day off. We all plan to return to Walcourt next year.

Achievements

Flight passes century milestone

WASHINGTON -- The following is a joint message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"It was the most signifi-
cant 12 seconds of the last 100 years.

"On Dec. 17, 1903, two bicycle builders from Ohio, Orville and Wilbur Wright, launched the world on a path to the heavens when their rudimentary airplane of wire, wood and canvas wings lifted off a windy, grassy hill at Kitty Hawk.

"Since their marvelous achievement, aviation has enabled our expansion, enhanced our commerce and expanded our communica-
tion.

"Military aviation devel-
oped quickly after that first flight. The names and exploits of our airpower pio-
neers are melded into our

nation's history: Rickenbacker, Mitchell, Doolittle, Davis, Cochran and Yeager, to name just a few.

"While our past is storied, our present and future remain as boundless and adventurous as the Wright Brothers' dream. Because of our great airmen in today's Air Force, we have developed, operated, and exploited advanced weapons systems and tech-
nologies -- from sensors and aircraft to lasers and satellites -- enabling us to own the ulti-

mate high ground and domi-
nate any battlespace.

"The Centennial of Flight is as much about our future as it is about our past. We com-
mend you for all that you do every day to promote this heritage and provide our nation with the finest air and space force in the world.

"We're proud to serve alongside you as we continue to discover ways to slip the surly bonds and deliver peace and freedom for our nation."

Courtesy of Air Force Print News

Artist's rendition of Orville and Wilbur Wright, and their first flight at Kitty Hawk, Ohio.

Direct Lines

"Bogard" parking

Question: I just arrived at Spangdahlem AB and was wondering if this base has a poli-
cy on "bogard" parking? I was waiting for someone to move out of a parking space and I had my turn signal on indicating that I was waiting for this specific parking space. This individual jumped in front of me, took the spot and began to laugh. I asked him what he was doing and he stated that, "parking spaces do not have anyone's name on them nor is it against the law."

The individual is a security forces member. Several NCOs in his squadron witnessed the inci-
dent and told me that there was nothing they could do about it because he didn't break any law or vio-
late a wing policy. This alarmed me because of the potential accidents this could create, not to mention the fact that a security forces member behaved so unprofessionally.

Answer: We regret the inconvenience you may have experienced and abhor the behavior of one apparently rude wing member. In the future, please gather as much infor-
mation as possible about the individual, including name, organization and vehicle license number. The next step is to then file a traffic complaint at the law enforcement desk in Spangdahlem AB building 215 or Bitburg Annex building 2011. They'll contact the appropriate commander or first sergeant to address the individual involved and prevent repeat offenses.

Movies

All movies play at 7 p.m. unless indicated otherwise. Movie synopses are available at www.aafes.com/ems/default.asp.

Bitburg Castle

Today

Radio (PG)

The true story of a white football coach at a southern school who befriends a mentally challenged African-American man. Their friendship changes their worlds.

Saturday

Once Upon a Time in Mexico (R)

El Mariachi is forced out of hiding by Sands, a corrupt CIA agent. Sands recruits the reclusive hero to sabotage a plot to assassinate the president of Mexico.

Sunday

Radio

Closed Monday and Tuesday

Wednesday

The Order (R)

A priest travels to Rome to investigate the strange death of his mentor. He discovers the death may be the work of an ancient figure who plays God on Earth.

Thursday

Secondhand Lions (PG)

Walter spends the summer with a pair of cranky great-uncles. At first appalled by their gruff manner, over time he becomes enthralled with his uncles' tales.

Spangdahlem Skyline

Today

Brother Bear (G)

Kenia, a Native American's older brother, is killed by a bear. As the young man's attempts to avenge his death, the spirits transform him into a bear.

The Underworld (R, 10 p.m.)

Selene, a vampire, exists to slaughter a band of werewolves her clan has been battling for centuries. But things become complicated when she falls in love.

Saturday

Brother Bear

The Rundown (PG-13, 10 p.m.)

Beck, a bounty hunter travels to South America to settle a debt, but realizes that the bad guy isn't really the bad guy.

Sunday

Brother Bear (4 p.m.)

The Underworld

Monday

The Fighting Temptations (PG-13)

A smooth New York ad executive returns to his hometown in Alabama to collect an inheritance, but there's a catch. Before he can collect, he must organize a successful gospel choir.

Tuesday

The Fighting Temptations

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 452-9441.

Town known for its spring fling wings winter Weihnachtsmarkt

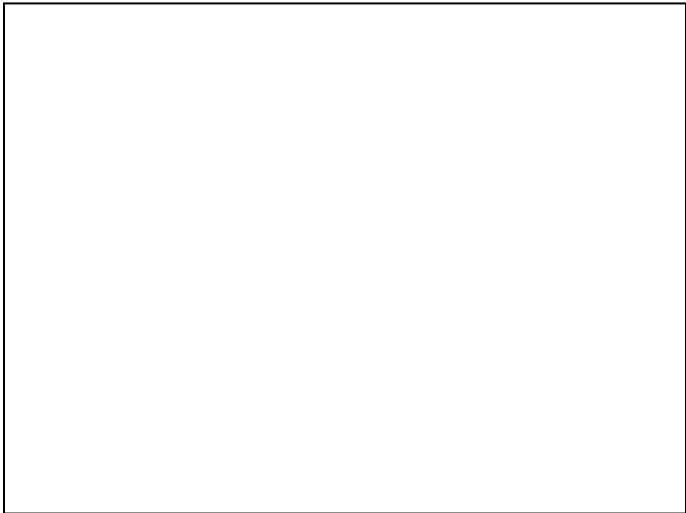
Story and photo by Iris Reiff
52nd Fighter Wing Public Affairs Office

The neighboring community of Landscheid invites Team Eifel members to its annual Weihnachtsmarkt. The event takes place Saturday from 2-8 p.m. and Sunday from 11 a.m. to 6 p.m.

Landscheid, known for its annual spring and basket market in March sponsors the Christmas market at the town's Eifelland hall. Visitors will find a variety of traditional Christmas ornaments and treats. Handcrafts and items for sale include glass ornaments, dolls, art and floral items.

On Saturday visitors can also listen to a choral by the "Jugendorchester der Stadt Trier" at 3 p.m. and a concert by the Niederkail music association at 6 p.m.

Sunday's activities begin with a music performance by the Landscheid Church Choir at 11 a.m. The Landscheid music association takes the stage at 2 p.m. At 3 p.m. an American Santa shares the spirit of Christmas with German and American children by handing out free treats. At 4 p.m. the Spangdahlem Gospel Ambassadors take the stage.



A vendor at the Niederkail Weihnachtsmarkt puts a finishing touch on one of her handicrafts as a customer admires the vendor's work during this past year's event. This year Landscheid, a community neighboring Niederkail, sponsors the area's annual Christmas market.

Advent wreaths light Christmas spirit

Story and photo by Iris Reiff
52nd Fighter Wing Public Affairs Office

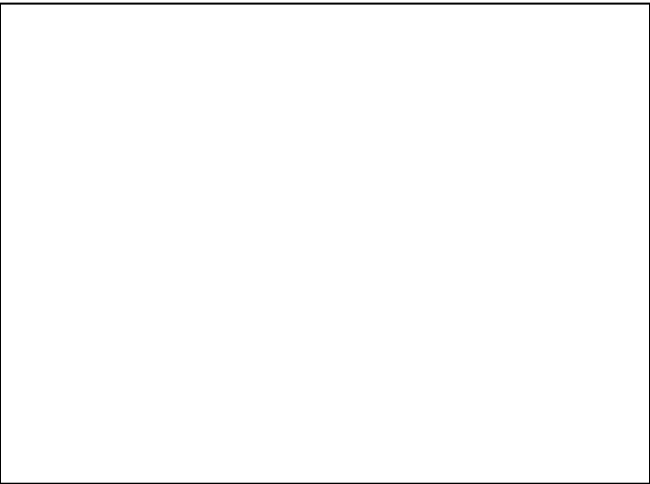
The four Sundays of Advent mark the beginning of the Christmas celebrations and with it the beginning of the church year.

The time of Advent, which has existed in the Western church since the 6th century, was originally a time for fasting. It wasn't until the period of the Enlightenment that Advent became more and more clearly the time when families prepared for Christmas.

The advent wreath became popular in northern Germany soon after World War I. Since the 1930s it's become popular throughout all German-speaking parts of Europe.

The wreath is made of fir branches with four candles, one of which is lit on each Advent Sunday until all four are burning together.

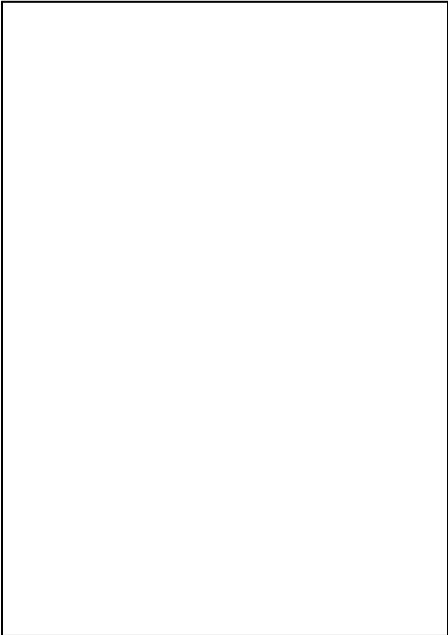
This Sunday is Third Advent. The third candle is lit during church services and in people's homes. One more candle and Christmas is here!



Advent wreaths, a European tradition, come in many shapes and colors, and are often available for purchase at Christmas markets.

Out and About

(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place.)



Staff Sgt. Jennifer Lindsey

A local finishes off his slice of stollen at this past year's Dudeldorf Weihnachtsmarkt. Stollen is traditional German cake eaten at Christmastime.

■ Most Christmas markets continue now through Dec. 23 from 10 a.m. to 7 p.m. A special Weihnachtsmarkt takes place Dec. 20 from 10 a.m. to 4 p.m. in Vianden, Luxembourg. Visitors can find entertainment in the castle's knight's hall. Call 00352-849291 for details.

■ Flea markets take place Sunday at the Piesport Moseltal hall; inside and outside the Bernkastel-Kues Gueter hall; inside and outside the Trier Moselpark hall and in front of the Schweich Edeka E Center.

■ "Christmas Moments," a concert by Thomas Schwab and his ensemble of professional singers, takes place Saturday at 8 p.m. in the Ramstein Haus des Buergers Dec. 20 at 8 p.m. in the Daun Forum hall and Dec. 21 at 8 p.m. in the Trier Arena concert house. Ticket price cost 14-32.50 euro per person. Call 06531-94404 or the ticket hotline at 06531-94407 for details.

■ Luxembourg stores open Sunday from 2-6 p.m. in Luxembourg City, Diekirch and in Esch-sur-Alzette.

■ Christmas Delights 2003 features a holiday special now through Dec. 26 in 13 hotels throughout Luxembourg. The special includes 2-3 nights accommoda-

tion, a festive gourmet meal, free entry to the national museum and a gift. The cost is 91-241 euro, depending on the hotel category. Call 00352-42828220 for more information.

■ Reserve tickets now for the "Musical Magics on Tour" taking place Dec. 27 at the Piesport Moseltal hall. A 40-person ensemble performs musical highlights from "The Phantom of the Opera," "Les Miserables," "Dance of the Vampires," and more. Tickets cost 17 euro and can be obtained by calling 06508-917346, 06508-917346 or 06507-2027.

■ A Christmas ticket special is on sale now for the Trier Stadttheater dance performance "Peer Gynt," by Henrik Ibsen on Jan. 25, the Mozart opera "Cosi fan Tutte" on Feb. 20, the "Komoedie im Dunkel" by Peter Shaffer on March 28 and for "Jesus Christ Superstar" on May 16. Ticket packages for the performances cost 43, 59 and 75 euro.

■ Michael Flatley's "Lord of the Dance" takes place Feb. 28 in the Trier Arena. Call TV-Press Center hotline at 06517-199996 to reserve seats.

BHS basketball season opens with battle against Mannheim

Barons action

The Bitburg Barons basketball team opens the Division II season at Mannheim tonight.

Leading the Barons this year is senior captain Alyx Walks and second team all-conference returnee Joel Brown. Adding to the Baron's lineup are seniors Anthony Fornicola, Thomas Mueller and Thomas Woodberry. Juniors Ryan Dumas, Jonas Jensen, Trey Wilson and Humlut Woodberry bring experience to the Barons squad. Sophomores Jamar Robinson returns after spending autumn in New York and Jesse Gutierrez completes the varsity team. Swing players Nick Brown, Roberto Hernandez, Erik Martz and Brandon Morales will help round out this year's squad.

Playing on the junior varsity team are Josh Collett, Anthony Nurse, John Potter, Mike Romero, Mario Shanks and Chris Sullivan.

Lady Barons action

The Lady Barons open the 2003-2004 basketball season in Mannheim, Germany, this weekend against the three-year Division II European champions.

With nine returning varsity players it looks like the Lady Barons should be competitive with the top teams in Division II. This year, the Lady Barons have Nadia Parker to build their squad around.

The six-foot All-European center worked hard during the off-season to improve in her game and is predicted to be a real powerhouse for the team this year. Senior Chelsea Gavagan and junior Erica Winters are two returning starting guards expected to add experience to the Lady Baron's attempt at a fourth title. Junior guard Melodie Dupervall, sophomore forward Carletta Hernandez, and senior forwards Krystle Vasquez and Andrea Drake are also returning varsity players who are ready to hit the court. Sophomores Monica Bintz and Jazmine Winn are set to push the starters and take the game to a higher level of play. Rounding out the top 12 varsity players are three talented freshmen players, guard Daniya Nixon, forwards Rebecca Wepner and Alexandra Bintz.

Returning BHS junior varsity players Sasha Davidson, Shelby East, Renee Flemmings, Nicole Griep, Rachel McCormack, Rachel Neice, Jessica Renaud, Caitlin Schwartz, Brenna Stelpflug and Alysia Freeman have always played a strong game. With all this talent the Lady Barons plan to take the championship again, but the players realize they must work hard daily to reach the Central European Tournament in February. (Courtesy of Coaches Lin Hairstone and Denny Lemmon)

2003-2004 Basketball schedule

Home games take place in the Bitburg Middle School gymnasium.

Barons

Barons junior varsity Friday play starts at 5:30 p.m. and varsity play at 8:30 p.m. Saturday junior varsity games begin at 11:30 a.m. and varsity at 2:30 p.m.

Away games

- Dec. 12-13 vs. Mannheim
- Jan. 9-10 vs. AFNORTH
- Jan. 23-24 vs. Vilseck

Home games

- Jan. 16-17 vs. SHAPE
- Jan. 30-31 vs. Black Forest Academy
- Feb. 6-7 vs. Hanau
- Feb. 13-14 vs. Patch

Lady Barons

Junior varsity Friday play begins at 4 p.m. and varsity games follow at 7 p.m. Saturday junior varsity play begins at 10 a.m. and varsity at 1 p.m.

Away games

- Dec. 12-13 vs. Mannheim
- Jan. 9-10 vs. AFNORTH
- Jan. 23-24 vs. Vilseck

Home games

- Jan. 16-17 vs. SHAPE
- Jan. 30-31 vs. Black Forest Academy
- Feb. 6-7 vs. HANAU
- Feb. 13-14 vs. Patch
- Feb. 19-21, Central European Tournament

Senior leaders release new fitness standards effective January 2004

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- One of the most noticeable changes to the Air Force's new fitness program is that it will be defined by an operational rather than a medical instruction.

The change shows that senior leaders consider fitness an important part of operational readiness, said Maj. Lisa Schmidt, the Air Force chief of health promotions operations.

"As we support the aerospace expeditionary force and the environments we now deploy to, fitness becomes a readiness issue," Maj. Schmidt said. "If a person is fit, they are going to be able to tolerate austere environments, the fatigue and the temperature changes."

The full text of the Air Force's new fitness instruction will be available to the force before Jan. 1, she said. The planned release comes less than five months after the service's highest ranking officer told airmen there would be changes in the way the Air Force looked at physical fitness.

"The amount of energy we devote to our fitness programs is not consistent with the growing demand of our warrior culture," wrote Air Force Chief of Staff Gen. John P. Jumper in his July Sight Picture. "It's time to change that."

Besides making physical fitness a readiness requirement, the new instruction also puts an emphasis on commander involvement in unit fitness programs.

"If you look at the July Sight Picture, Gen. Jumper says fitness is a commander's responsibility," Maj. Schmidt said. "This instruction puts more responsibility on the commander, not the medical community."

Among other things, the instruction requires unit and squadron commanders to implement and maintain a unit physical-training program and to offer the program at least three times a week.

The instruction also details methodology for conducting fitness evaluations. Maj. Schmidt said the instructions for conducting the push-up and crunch portions of the evaluation should be no surprise to airmen. They are the same instructions that have been used at the end of the cycle-ergometry test for the last two years.

"The only change is that the push-ups and crunches will be evaluated for one minute, instead of two minutes," Maj. Schmidt said.

The instruction also specifies how to conduct the aerobic portion of the test. Airmen will run on an outdoor course approved by the wing commander. During inclement weather, an indoor running track may be used. Treadmills will not be authorized for fitness evaluations.

The new fitness instruction takes effect Jan. 1, and will make obsolete the current fitness and weight-management instructions, Air Force Instruction 40-501 and AFI 40-502.

Sports Shorts

Submit "Sports Shorts" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.

Jingle Bell 5k Fun Run

A holiday fun run takes place Dec. 19 at 11 a.m. at the Spangdahlem AB fitness center. Children are welcome. For more information call Ann Mitchell at 452-6496 or e-mail ann.mitchell@spangdahlem.af.mil.

Rugby players wanted

The Spangdahlem-Trier rugby team seeks players for both the men' and lady's teams. No experience is necessary. For more information call Staff Sgt. Rob Palmer at 452-5654 or e-mail 52svs.rugby@spangdahlem.af.mil. The spring season opens in February and runs throughout the summer.

Spin-a-thon

The challenge takes place Dec. 20 from 9 a.m. to noon and is limited to 15 seats. Currently, there are about seven available. It's a three-hour ride

instructed by six different certified instructors. For more information, call Ann Mitchell at 452-6496 or e-mail ann.mitchell@spangdahlem.af.mil.

Iron Flight competition

The competition focuses on the Air Force's new fitness standards: one minute each of push-ups and sit-ups, a one-and-one-half mile run and waist circumference. Scoring is based on individual scores taken from each event. Flight teams must include ten participants consisting of five males and five females from each squadron. Entry is free. Call Ann Mitchell at 452-6496 or e-mail ann.mitchell@spangdahlem.af.mil for more information.

HAWC happenings

The following events take place at the health and wellness center in build-

ing 130. Call 452-9355 or visit the HAWC Website on the base Intranet at <http://intranet.spangdahlem.af.mil/52FW/52MDG/HAWC/> for more information.

- Thursday, cooking demonstration, 11 a.m. to 1 p.m.
- Dec. 22, Hyper Tension, 9 a.m., cholesterol management, 2 p.m.
- Dec. 23, commissary tour, 10 a.m.
- Dec. 29, sports nutrition, 2 p.m.

Youth basketball registration

Youth basketball season practice continues now through Dec. 19 and practice resumes Jan. 5-9. Teams are broken down into age categories 5-6, 7-8, 9-10, 11-12 and 13-15. Register at the youth programs center, Spangdahlem AB building 427 or call Randall Greenfield at 452-7546 for more information.

